

MYSELF

# HEALTH



# DIARY

MY BABY

U.S. Department of Health and Human Services  
U.S. Public Health Service  
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# Health Diary

## M Y S E L F

*This book belongs to:*

My Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone (Day): \_\_\_\_\_ (Night): \_\_\_\_\_

My Baby's Father's Name: \_\_\_\_\_

Health Care Giver (Name): \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Office/Clinic Hours: \_\_\_\_\_

## M Y B A B Y

My Baby's Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

My Baby's Health Care Giver (Name): \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Office/Clinic Hours: \_\_\_\_\_

Other Health Care Givers (Name): \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Office/Clinic Hours: \_\_\_\_\_

Other Health Care Givers (Name): \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Office/Clinic Hours: \_\_\_\_\_

Other Important Phone Numbers:  
(You or your care giver should write in these numbers as soon as possible, so that you will have them when you need them.)

Emergency: \_\_\_\_\_

Hospital: \_\_\_\_\_

Poison Control: \_\_\_\_\_

Neighborhood Pharmacy: \_\_\_\_\_

Food Assistance: \_\_\_\_\_

Housing Assistance: \_\_\_\_\_

Legal Aid: \_\_\_\_\_

State Pregnancy Hotline:

# Introduction

This book was developed to help you have a healthy baby. It was designed for you to use while you are pregnant and to help you keep track of your baby's health and growth.

You can read it cover to cover at one time. You can look up certain information on the Contents page. You can start using the book at any time. But the best way is to use it with your health care giver all through your pregnancy and your baby's first two years.

Starting prenatal care early and continuing care is important for both you, your baby and your family. Taking your baby for regular checkups is important for your baby's health; the advice from your baby's health care giver can help you become a good parent. This book will help you keep track of your and your baby's health care appointments.

There are many other books that can give you good advice about pregnancy and about caring for a new baby. Your local library and book stores are places you can find such books. Your health care provider may give you useful books and pamphlets. Two such books — *Prenatal Care* and *Infant Care* — can be ordered using the card in the back of this book.

But what makes this book special is you and your care giver.

- Take it with you every time you go for health care.
- Take it with you every time your baby goes for health care.
- Write in it any questions or concerns you have.
- Write the advice you get from your health care giver.
- Share it with your health care giver.
- Have your care giver write in it.
- Record your weight gain during pregnancy.
- Use it to help you remember your health care visits.
- Keep it as a record of facts about your pregnancy.
- Use it to help you remember your baby's health care visits.
- Put pictures of you, your baby, and your family in it.
- Record in it your baby's growth and development milestones.
- Record in it your baby's shots.
- Write in it the results of your baby's health care visits.

... use this Health Diary for you and your baby.

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MYSELF





# My pregnancy, my new baby, and my family

Pregnancy and parenthood are times of change and new feelings. Feelings are O.K. It is helpful to be able to share with your children, family and friends, and with your health care provider, how you are feeling. And it is important for you to have their support and understanding during your pregnancy and when you take on the job of a new parent.

It is important for your baby, too. A baby needs the love and attention of parents, family and friends to grow and develop in healthy ways.

And **your** baby needs the healthy start only **you** can give by taking care of your own health and following good health habits during your pregnancy.

First, as soon as you think you may be pregnant, begin regular health care visits called prenatal care. If you do not know where to go to get health care, ask a friend or call your local health department. **Help is available.**

In prenatal care, you will be given help to eat right, exercise and do other things that will be good for your baby. You will be checked to make sure your baby is developing normally. And if they arise, problems will be cared for.

Even if you are feeling great, it is very important for you to get prenatal care as soon as possible. Women who start prenatal care soon after they become pregnant, and continue until they have their baby, usually have fewer problems and healthier babies.

It is also very important that you avoid certain things that can harm your baby. Don't use any tobacco products, don't drink anything with alcohol, and don't use any "street" drugs. Don't take any prescription or other drugs — even an aspirin — before you check with your health care provider.

Regular health care visits for your new baby are also important. Your baby's health care giver can make sure your baby is growing well, can give good advice for parents, and can protect your baby from a number of childhood illnesses.

Keeping records  
when you are  
pregnant can help  
you track what is  
going on and  
remember dates,  
things you need to  
do, and questions  
you want to ask.  
Start here, by filling  
in the spaces below.

# My health history

Height: \_\_\_\_\_

Weight (before pregnancy): \_\_\_\_\_

Blood Type: \_\_\_\_\_

Major illnesses/allergies/health  
problems I have had:  
Type \_\_\_\_\_ Date \_\_\_\_\_

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Dates of blood transfusions I have had: \_\_\_\_\_

Past Pregnancies:

Date of Birth	Name of Baby	Type of Delivery	Birth Weight
---------------	--------------	------------------	--------------

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Any other pregnancies:

Date	Result
------	--------

_____	_____
_____	_____

Date of last menstrual period: \_\_\_\_\_

# I think I might be pregnant...

If you miss a menstrual period you may be pregnant. A missed period can be caused by other things. For common signs of pregnancy, see the chart at right.

You may have all of these signs, or you may have none of them.

**Go to a health care provider or clinic if you think you might be pregnant.**

Your health care giver will confirm whether you are pregnant and, if so, estimate the delivery date of your baby. The sooner you know for sure, the sooner you can begin to get the care you and your baby will need, called **prenatal care**.

You will need to see your health care giver about 9 to 13 times before your baby is born. You may need to go more often if you have problems.

You may also want to attend childbirth education classes later in your pregnancy to learn the ways to make the delivery of your baby healthy and easier. Your health care giver can help you choose the right class for you.

Notes:

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## COMMON SIGNS OF PREGNANCY

- ☐ missed period
- ☐ sore or tender breasts
- ☐ nausea and/or vomiting
- ☐ frequent urination
- ☐ bloated feeling
- ☐ fatigue



# How to get the prenatal care I need...

If you have a doctor, call now for an appointment. If you do not have a doctor, ask a friend, family member, or your local health department for the name of a health care provider or clinic.

There are many kinds of health care professionals who can help you when you are pregnant. They may include doctors, nurses, nurse practitioners, nurse midwives, physician's assistants, nutritionists, dentists, and social workers. You and your care givers are a team, working to help assure that your baby is born healthy.

It is important for you to keep all of your appointments when you are pregnant. Your care givers check your health. They talk with you about how your body is changing, and how your baby is growing. **Tell them how you are feeling. Ask them any questions that you have.**

THERE IS HELP ...

If you have health insurance, find out what expenses your insurance will cover. Also find out how to make sure that your baby will be covered by your health insurance from birth. Your health care giver will need to know the name of your insurance company and your policy number.

If you do not have health insurance, you may qualify for Medicaid or other help. Call your local social service agency and local health department to find out. You can find their phone numbers in your local telephone directory under "government listings."

Ask them if you can get help from other programs such as AFDC (Aid to Families with Dependent Children), WIC (Special Supplemental Food Program for Women, Infants, and Children), and Food Stamps.

Many local agencies also offer other services. Ask about legal aid, housing assistance, day care, transportation, mental health, visiting nurse, and other counseling. If you work, ask your employer about maternity leave. Talk to your health care giver about the help you need.

Call the state pregnancy hotline on page ii of this book to get answers from your state health department.

My Insurance/Medicaid Number: \_\_\_\_\_

Name of My Insurance Company: \_\_\_\_\_

Phone Number for Insurance/Medicaid: \_\_\_\_\_

Name of Contact Person/Caseworker: \_\_\_\_\_

# What happens at prenatal care visits...

## AT YOUR FIRST VISIT...

Your first visit will most likely take more time than other appointments. The health care provider will:

- Ask you questions about your health now and in the past (your medical history). Your answers about other pregnancies, health problems, illnesses (including sexually transmitted diseases), and your lifestyle will help your care giver decide the best care for you.
- Give you a physical exam. This will include internal (pelvic) and breast exams, checking your heart, lungs, eyes, ears, nose, and throat, and measuring your weight and height.
- Test your blood, urine and blood pressure and take a culture of the cervix and a Pap smear to check for some possible problems that might affect your pregnancy.
- Talk with you about a plan of care to fit your needs. This will include a schedule of visits, diet, exercise, and special things to do.



## AT LATER VISITS...

With all of the changes in your body, regular visits will help make sure that you and your baby stay healthy. Your health care giver will:

- Check your weight, blood pressure, and urine.
- Measure your abdomen (stomach) to see how your baby is growing.
- Listen to your baby's heart beat with you.
- Talk with you about any concerns or questions you have.
- Give you any special tests you may need to find out about your health or your baby.

# What I can find out from the tests I will have...

YOU WILL HAVE THE TESTS DESCRIBED BELOW AT YOUR FIRST APPOINTMENT.

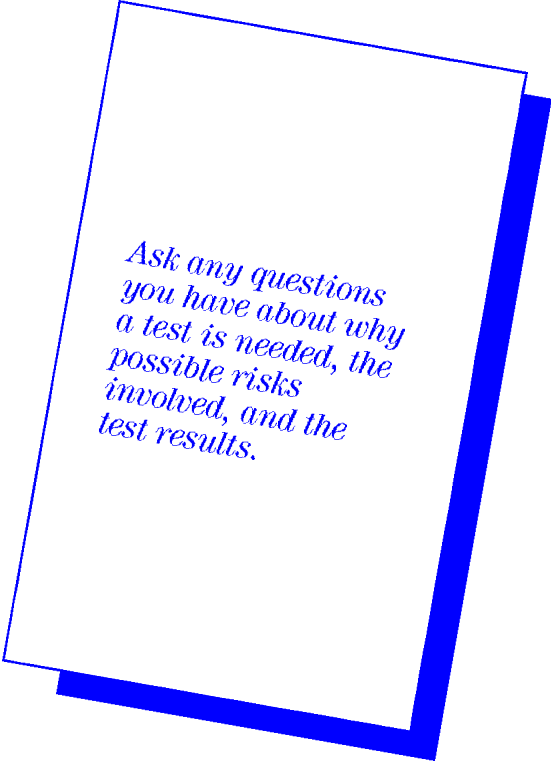
- **Pap smear**—to look for problems with your cervix (the opening to your uterus or womb).
- **Internal exam (pelvic exam)**—to check your cervix and uterus. Also to check that your pelvis is large enough for your baby to pass through during birth.
- **Culture of the cervix**—to check for gonorrhea and other sexually transmitted diseases.
- **Blood tests**—to see if you have certain conditions which might affect your pregnancy or your baby such as: anemia (low blood count), Rh factor, syphilis, HIV, or hepatitis B. Also show if you have protection against rubella (German measles).
- **Urine tests**—to check for diabetes, infection, and problems related to your kidneys and blood pressure.
- **Blood pressure**—to check for high blood pressure, which can cause problems in pregnancy.

YOU WILL HAVE YOUR URINE AND BLOOD PRESSURE CHECKED AT EVERY VISIT.

YOU ALSO MAY HAVE ONE OR MORE OF THESE TESTS TO FIND OUT MORE ABOUT YOUR HEALTH OR THE GROWTH OF YOUR BABY...

- **Glucose tolerance test (GTT)**—to check for diabetes (at about 24 weeks of pregnancy).
- **Ultrasound**—produces a picture (“sonogram”) to check the position and size of your baby, to find out about when your baby is due to be born, and to check for some kinds of problems.

Your health care giver may suggest other tests, depending upon your family history, your age or health, your racial or ethnic background. For example, **amniocentesis** or **chorionic villus sampling (CVS)** may be suggested for women who are 35 or older, to identify certain genetic problems that could affect their baby’s health. **Alpha fetoprotein (MSAFP)** is a blood test that could be suggested to find out if a baby may have spinal cord problems.



*Ask any questions you have about why a test is needed, the possible risks involved, and the test results.*

# How to take care of my own and my baby's health...

## SOME DO'S ...

Take care of yourself so that you feel good and your baby grows normally.

- **DO** eat a variety of healthful foods each day.
- **DO** eat 3 meals at regular times during the day.
- **DO** drink 6-8 glasses of water and other liquids each day.
- **DO** exercise regularly. Ask your health care giver about starting or continuing to exercise.
- **DO** wear your seat belt every time you ride in a car, van or truck.
- **DO** brush and floss your teeth at least once a day. Continue to see your dentist on a regular basis.
- **DO** tell all your health care givers that you are pregnant before getting any X-rays.
- **DO** read the label for directions and warnings before you use any paint, cleaner, bug spray, or other chemical.
- **DO** keep all of your health care appointments. If you miss an appointment, make another right away. Don't wait until the next month.
- **DO** ask your health care giver if you have questions about what you should be doing to have a healthy baby!



## SOME DON'T'S ...

Some things you might do when you are pregnant can harm your baby.



**DON'T** smoke. Tobacco of any kind will harm you and your baby. Smoking increases the chances that your baby may be born too soon and too small. Quitting at any time during your pregnancy helps. There are programs to help a pregnant woman stop smoking. Ask your health care giver about them. Quit as soon as you can.



**DON'T** drink alcohol (beer, wine, wine coolers, liquor). Drinking alcohol can cause birth defects. No one knows whether drinking even a little is safe. The best advice is don't drink when you are pregnant. Programs to help you stop drinking are available.



**DON'T** use any street drugs (such as crack, cocaine, marijuana, PCP). Street drugs can hurt you and your baby. Your baby can be born too small to live, or have severe mental or physical problems that can last for years. Tell your health care givers about any drugs you use so they can help you stop.



**DON'T** take any medicine—even an aspirin—or anything prescribed before you were pregnant without first asking your health care providers if it is safe.

### SIGNS OF PREMATURE LABOR:

- ☐ Low dull backache
- ☐ Pelvic pressure
- ☐ Contractions or cramps
- ☐ Blood-tinged discharge from vagina
- ☐ Gush of clear, watery fluid from vagina

- Severe or continued vomiting
- Fever
- Sudden gush of fluid from the vagina

### SIGNS OF PREMATURE (TOO EARLY) LABOR

During your pregnancy, there is a danger that your labor might begin too soon and your baby will be born too early to be healthy and live outside your womb.

**If you have any of the signs listed in the box above that do not go away after an hour of rest, call your health care giver.**

If you just “don’t feel right” or have any questions about your health, call your health care giver for advice.

## Warning Signs

If you have any of these signs, call your health care provider as soon as possible:

- Bright red blood from your vagina
- Swelling or puffiness of your face or hands
- A sudden large weight gain
- Pain when you empty your bladder
- Very bad or frequent headaches
- Blurred vision, flashes of light, or spots before your eyes
- Sharp or prolonged pain in your abdomen (stomach)



## REMEMBER:

*It is important for you to gain weight steadily. You should not lose weight during your pregnancy. Seeing how much weight you are gaining is one way to know that your baby is growing normally.*

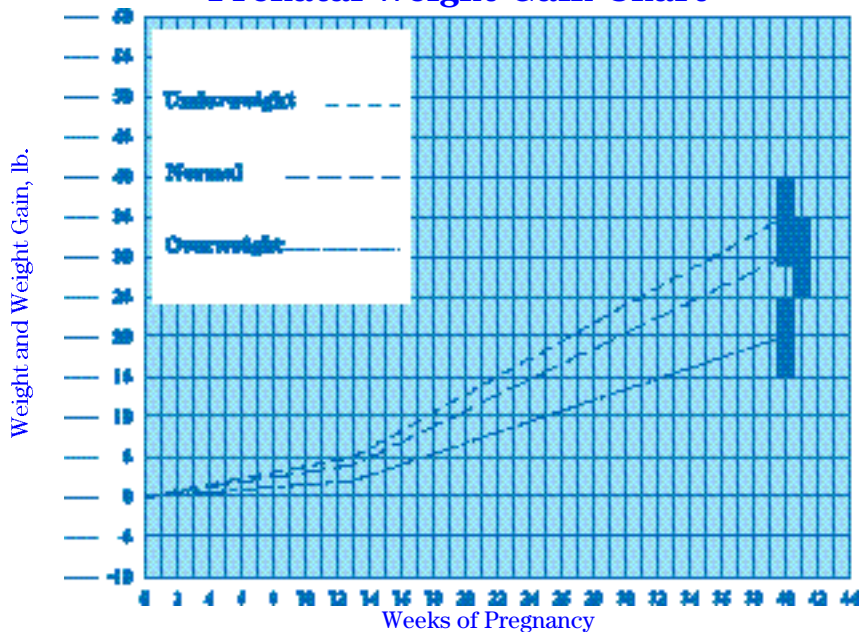
# Tracking my weight gain...

Your weight will be checked each time you go to your health care giver. Most women should expect to gain about 3 or 4 pounds during the first 3 months and about a pound a week for the rest of their pregnancy.

Your total weight gain might range from about 25 to about 35 pounds. How much you gain is related to your weight before you became pregnant. Usually:

- If you were underweight, you should gain 28 to 40 pounds.
- If your weight was normal, you should gain 25 to 35 pounds.
- If you were very heavy, you should gain 15 to 25 pounds.

### Prenatal Weight Gain Chart



Your health care provider may advise you to gain more or less, depending on your size and weight before you became pregnant. This is not the time to diet to lose weight, no matter how heavy you are.

Your steady weight gain is a sign that your baby is growing. Full grown newborn babies usually weigh about 7 pounds. But, you must gain much more than that to support the development of your baby.

Typically, a pregnant woman gains 25 to 35 pounds. The weight is divided this way:

Baby: 7 to 8 pounds

Changes in mother's body

Breast increase	1 to 2 pounds
Blood increase	4 to 5 pounds
Fat	5 to 7 pounds
Body fluid	1 to 2 pounds
Uterus increase	2 to 5 pounds
Placenta	2 to 3 pounds
Amniotic fluid	2 to 3 pounds

Gaining weight is what sometimes makes pregnant women most unhappy and uncomfortable. But if you remember how important it is to the health of your baby, it may be easier for you to handle. Besides, most women lose all the extra weight they have gained by 2 or 3 months after their baby is born, and even sooner if they breastfeed.

Weigh yourself once a week and keep a record of your weight on the next 2 pages. Choose the same day, and the same time of day — every Saturday morning, for example — to weigh yourself. Try to use the same scale each time, too.




Date

Weight

## Difference

[illegible]



*Ask your doctor, nurse, or nutritionist about the amount of weight you should gain in this pregnancy. Select foods to help you reach this goal and meet your needs for nutrients. There are many choices within your food budget and tastes.*

## What to eat for a healthy baby

What you eat can help you feel and look your best. Diet is important for you and your growing baby. During pregnancy and breastfeeding, eat the following foods each day:

- 2 or more servings of fruit or juice
  - 3 or more servings of vegetables
  - 6 to 11 servings of grain or starchy vegetables
  - 2 servings of low-fat meat, fish, poultry, beans or nuts.
- 3 or more servings of milk or calcium-rich products like cheese or yogurt.

Many foods can combine to make a varied and healthy diet. Ask your health care giver for serving sizes and examples of the kinds of foods to choose.

Eat small meals at regular times and have a nutritious snack if you need one.

Avoid large amounts of any one food item.

Eat a raw fruit or vegetable and some whole grains each day.

Drink 6 to 8 cups of liquids (water, juice, milk) each day.



# What I eat

Write down all the foods and drinks you had during the past week. Show this list to your care giver.

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a guide for writing. There are no margins, text, or other markings on the paper.

I need to eat less of these foods:

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I need to eat more of these foods:

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WIC, food stamps or other food assistance is available. Ask your health care provider if you qualify for these food programs.

## 8 weeks

### HOW MY BABY IS GROWING

Your baby is about  
1 inch long and  
weighs less than  
1 ounce. All organs  
are developing. Your  
baby's tiny heart will  
beat by the 25th day.

- Eat a variety of healthful foods each day for you and your growing baby.
- Tell any doctor, nurse, dentist, or other health care giver you see that you are pregnant before you accept treatment, have X-rays, or use prescribed drugs.
- Rest if you feel tired. It is normal to feel tired in the first months of pregnancy. You may also feel excited, happy, worried, and concerned—all at the same time!
- It is good for you to exercise regularly. Ask your health care giver about starting or continuing to exercise.

Questions I want to ask:

1. *What can I do about morning sickness?*

2. *Should I take vitamin and iron supplements?*

3. *How can I involve the baby's father in my pregnancy?*

4.

Advice and answers to my questions:

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# My prenatal care appointment

Date of First Visit: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Weeks of Pregnancy: \_\_\_\_\_

Due Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Tests (Check each one you had):

- ☐ Blood Pressure (Reading: \_\_\_\_\_)
- ☐ Rh Factor (Yes \_\_\_\_ No \_\_\_\_)
- ☐ Blood Test      ☐ PAP Test      ☐ Urine

List any other tests you had: \_\_\_\_\_

\_\_\_\_\_  
(Turn to pages 8 and 9 for more information about tests.)

**Date of Next Appointment:** \_\_\_\_\_

Other visits or problems since my appointment:

Problem	Date	Advice/Treatment
---------	------	------------------

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

*Take this book with you each time you go to the doctor or clinic. Write in it anything you need to remember about your health, any tests you have, any advice or instructions you receive. Also write down anything you want to ask your health care giver. Keep this record up to date. It is your record of your pregnancy and of your baby's health and growth. Ask your health care giver if you need help to fill out the health records in this book.*

# 12 weeks

## HOW MY BABY IS GROWING

Your baby is now about 3 inches long and weighs about 1 ounce. Your baby is starting to open and close its mouth and move its tiny hands, legs, and head.

- If you are tired or sick to your stomach, these feelings should end soon.
- Always wear your seat belt when you are in a car, van, or truck. The shoulder harness should go between your breasts and the lap belt under your stomach.
- Most women can safely have sex while they are pregnant. Ask your health care giver if you have discomfort or have other concerns.

Questions I want to ask:

1. *Will my taking hot baths hurt my baby?*
2. *What should I do if certain healthful foods, like milk, make me feel sick?*
- 3.
- 4.

Advice and answers to my questions:

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# My prenatal care appointment

Date of Visit: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Weeks of Pregnancy: \_\_\_\_\_

Due Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Tests (Check each one you had):

- ☐ Blood Pressure (Reading: \_\_\_\_\_)
- ☐ Urine                      ☐ Heard my baby's heart beat

List any other tests you had: \_\_\_\_\_

\_\_\_\_\_  
(Turn to pages 8 and 9 for more information about tests.)

**Date of Next Appointment:** \_\_\_\_\_

Other visits or problems since my appointment:

Problem	Date	Advice/Treatment
---------	------	------------------

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

*Write down what you eat for a week on page 19.*

*If you have questions about what you should be eating, ask your health care giver.*

# 16 weeks

## HOW MY BABY IS GROWING

Your baby weighs about 6 ounces, is 6–8 inches long, and the organs, such as the heart and lungs, are formed. For the rest of your pregnancy your baby will be growing and gaining weight.

- You may look pregnant now. You will soon need maternity (or larger sized) clothes. You may want to wear lighter weight clothes. It is normal to be warmer and perspire more when you are pregnant.
- Eating well is important to make sure that both you and your baby gain the proper amount of weight.
- You may have darker areas on your face, stomach, or other places on your skin. These are normal. They will go away after your baby is born.

Questions I want to ask:

1. *When will I first feel my baby move?*

2. *How can you tell that my baby is growing normally?*

3. *Where can I go for childbirth education classes?*

4.

Advice and answers to my questions:

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# My prenatal care appointment

Date of Visit: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Weeks of Pregnancy: \_\_\_\_\_

Due Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Tests (Check each one you had):

- ☐ Blood Pressure (Reading: \_\_\_\_\_ )
- ☐ Urine      ☐ MSAFP (Alpha Fetoprotein)
- ☐ Heard my baby's heart beat

List any other tests you had: \_\_\_\_\_

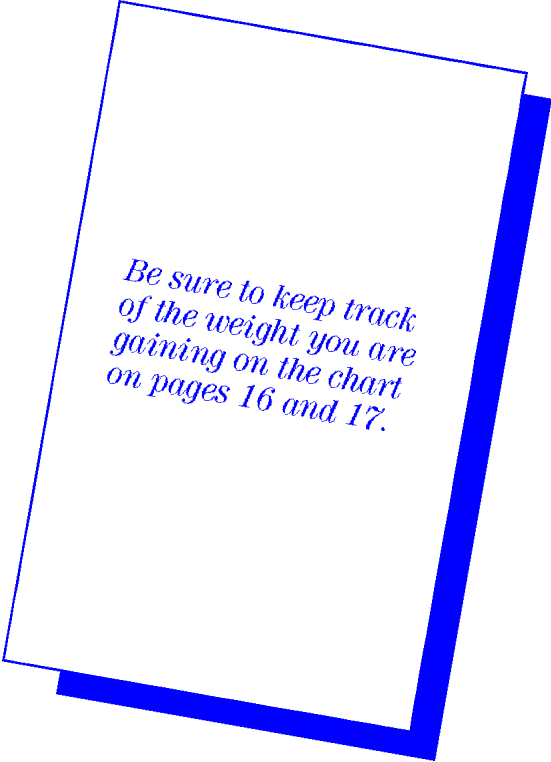
\_\_\_\_\_  
(Turn to pages 8 and 9 for more information about tests.)

**Date of Next Appointment:** \_\_\_\_\_

Other visits or problems since my appointment:

Problem	Date	Advice/Treatment
---------	------	------------------

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



*Be sure to keep track  
of the weight you are  
gaining on the chart  
on pages 16 and 17.*



## HOW MY BABY IS GROWING

Your baby weighs  
about 1/2 to 1 pound,  
is 8–12 inches long,  
and is much more  
active now, moving  
from side to side or  
turning around.

# 20 weeks

- Write in the date you first feel your baby move.

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- You need to drink at least 6 to 8 glasses of water and other liquids each day.
- Do not smoke or drink alcohol (beer, wine, wine coolers, liquor) or use drugs during your pregnancy.
- Remember to weigh yourself each week and write down your weight gain on pages 16 and 17.

Questions I want to ask:

1. *How can I keep my back from aching?*

2. *How long can I keep up my usual activities?*

3. *How can I relieve constipation?*

4.

Advice and answers to my questions:

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# My prenatal care appointment

Date of Visit: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Weeks of Pregnancy: \_\_\_\_\_

Due Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Tests: (Check each one you had):

- ☐ Blood Pressure (Reading: \_\_\_\_\_)
- ☐ Urine      ☐ Heard my baby's heart beat

List any other tests you had: \_\_\_\_\_

\_\_\_\_\_  
(Turn to pages 8 and 9 for more information about tests.)

**Date of Next Appointment:** \_\_\_\_\_

Other visits or problems since my appointment:

Problem	Date	Advice/Treatment
---------	------	------------------

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

*If you are seeing your care provider more often, use the extra appointment pages beginning at page 36 to record your visits.*

## HOW MY BABY IS GROWING

You are now carrying a fully-formed but tiny baby, with wrinkled skin, about 14 inches long, and 1-1/2 pounds. Your baby still needs to grow and fully develop vital organs such as the lungs and brain.

## 24 weeks

- Your baby will grow quickly during the rest of your pregnancy. Your baby's size will put pressure on your bladder. You may need to go to the bathroom more often.
- If you become constipated, drink more fruit juices and water and eat high fiber foods such as raw fruits and vegetables, whole grain breads, and cereals.
- Call your health care giver right away if you have any of the signs of premature labor listed on page 12.

Questions I want to ask:

1. *How can I find a pediatrician (baby doctor) or other health care giver for my baby?*

2. *Why am I so tired?*

3.

4.

Advice and answers to my questions:

# My prenatal care appointment

Date of Visit: \_\_\_\_\_

Name of Health Care Provider Seen:

\_\_\_\_\_

Weeks of Pregnancy: \_\_\_\_\_

Due Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Tests (Check each one you had):

- ☐ Blood Pressure (Reading: \_\_\_\_\_)
- ☐ Urine    ☐ Blood Test    ☐ Rh Factor (Yes \_\_\_\_ No \_\_\_\_)
- ☐ Glucose Test for Diabetes    ☐ Heard my baby's heart beat

List any other tests you had: \_\_\_\_\_

\_\_\_\_\_  
(Turn to pages 8 and 9 for more information about tests.)

**Date of Next Appointment:** \_\_\_\_\_

Other visits or problems since my appointment:

Problem	Date	Advice/Treatment
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_____	_____	_____
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*Ask any questions  
you have about what  
a test is for or about  
the results and what  
they mean for you  
and your baby.*

## 28 weeks

### HOW MY BABY IS GROWING

Your baby is about 15 inches long and weighs about 2–3 pounds. Your baby's bones are getting harder. You may feel your baby kick and move more now.

- You may feel better during these last months of pregnancy if you eat smaller meals and snack on fruits, vegetables, milk, breads, and cereals.
- Because your baby is getting big, it may be harder for you to breathe. Slow down, stretch your arms over your head, breathe deeply.
- Call your health care provider right away if you have any of the signs of premature labor listed on page 12.
- If you have children, talk to them about the new baby soon to be born.

Questions I want to ask:

1. *How will I know when I go into labor?*

2. *What should I do to get ready for the birth of my baby?*

3.

4.

Advice and answers to my questions:

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# My prenatal care appointment

Date of Visit: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Weeks of Pregnancy: \_\_\_\_\_

Due Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Tests (Check each one you had):

☐ Blood Pressure (Reading: \_\_\_\_\_)

☐ Urine      ☐ Heard my baby's heart beat

List any other tests you had: \_\_\_\_\_

\_\_\_\_\_  
(Turn to pages 8 and 9 for more information about tests.)

**Date of Next Appointment:** \_\_\_\_\_

Other visits or problems since my appointment:

Problem

Date

Advice/Treatment


## PREPARING FOR BABY

*Breastfeeding is the best way to feed your baby. Breast milk is a complete food and protects your new baby from some infections. Ask your health care giver if you have questions about breastfeeding. See page 46 for more information.*

## HOW MY BABY IS GROWING

Your baby is about 18 inches long and weighs about 5 pounds. Your baby can open its eyes. Your baby may turn around in your uterus (womb) and stay in the new position for the rest of your pregnancy.

# 32 weeks

- Continue your daily routine, taking time to rest. Stop any heavy work or lifting to avoid strain and backaches.
- Plan what you will do when you go into labor. Where will you have your baby? How will you get there? Who will take you? Who will take care of your other children?
- Take a tour of the hospital where you plan to have your baby. Ask questions about what will happen.
- Call your health care giver right away if you have any of the signs of premature labor listed on page 12.

Questions I want to ask:

1. *What can I do to sleep better?*

2. *How should I prepare to breastfeed my baby?*

3. *What are my options for pain relief during labor?*

4.

Advice and answers to my questions:

# My prenatal care appointment

Date of Visit: \_\_\_\_\_

Name of Health Care Provider Seen:

\_\_\_\_\_

Weeks of Pregnancy: \_\_\_\_\_

Due Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Tests (Check each one you had):

- ☐ Blood Pressure (Reading: \_\_\_\_\_)
- ☐ Urine      ☐ Heard my baby's heart beat

List any other tests you had: \_\_\_\_\_

\_\_\_\_\_  
(Turn to pages 8 and 9 for more information about tests.)

**Date of Next Appointment:** \_\_\_\_\_

Other visits or problems since my appointment:

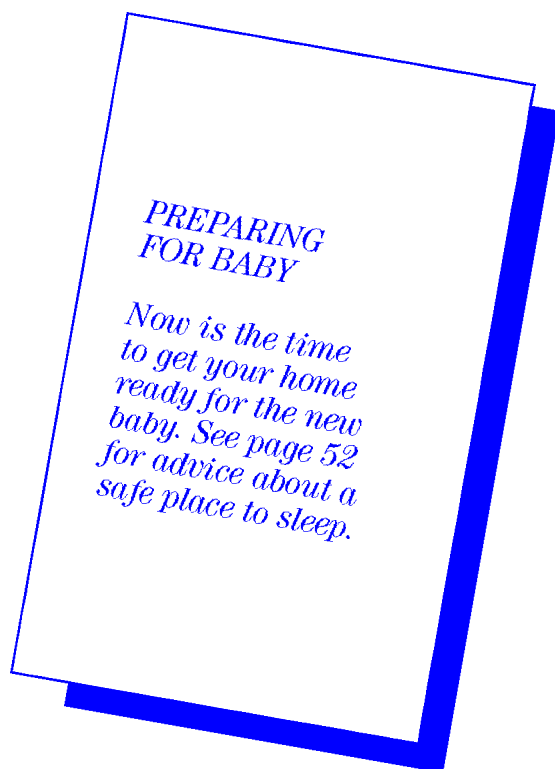
Problem	Date	Advice/Treatment
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_____	_____	_____
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## HOW MY BABY IS GROWING

Your baby is about 19 inches long, weighs about 6 pounds, and is gaining about a 1/2 pound each week. At 40 weeks your baby will be "full term" (will have gone through the full length of pregnancy).

# 36 weeks

- Your baby could come any time between 37 to 42 weeks. Few babies are born on their "due date." Read the signs of labor listed on page 45. Ask your health care giver if you have any questions.
- With delivery of your baby so near, you may feel excited and happy, anxious and afraid. All of these feelings are normal.
- If you have a baby boy, will you have him circumcised? Now is the time for you to decide.
- Tell your other children that you will be going to the hospital to have the new baby.

Questions I want to ask:

1. *What should I do if I think I am in labor?*

2. *Under what conditions would I need a Caesarean section?*

3.

4.

Advice and answers to my questions:

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# My prenatal care appointment

Date of Visit: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Weeks of Pregnancy: \_\_\_\_\_

Due Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Tests (Check each one you had):

- ☐ Blood Pressure (Reading: \_\_\_\_\_)
- ☐ Urine      ☐ Heard my baby's heart beat

List any other tests you had: \_\_\_\_\_

(Turn to pages 8 and 9 for more information about tests.)

**Date of Next Appointment:** \_\_\_\_\_

Other visits or problems since my appointment:

Problem	Date	Advice/Treatment
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_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## WHAT TO PACK FOR THE HOSPITAL

- ☐ Nightgown (or the hospital will give you one to wear)
- ☐ Robe
- ☐ Non-skid slippers
- ☐ Loose-fitting clothes to wear home
- ☐ Toiletries
- ☐ T-shirt or sleeper for baby
- ☐ Baby blanket
- ☐ Telephone numbers for family, friends

# My prenatal care appointment

Use these pages for additional health care visits.

Date of Visit: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Weeks of Pregnancy: \_\_\_\_\_

Due Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Tests (Check each one you had):

- ☐ Blood Pressure (Reading: \_\_\_\_\_)
- ☐ Urine                      ☐ Heard my baby's heart beat

List any other tests you had: \_\_\_\_\_

(Turn to pages 8 and 9 for more information about tests.)

Questions I want to ask:

1. \_\_\_\_\_

2. \_\_\_\_\_

**Date of Next Appointment:** \_\_\_\_\_

Other visits or problems since my appointment:

Problem	Date	Advice/Treatment
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_____	_____	_____
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_____	_____	_____
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# My prenatal care appointment

Date of Visit: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Weeks of Pregnancy: \_\_\_\_\_

Due Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Tests (Check each one you had):

- ☐ Blood Pressure (Reading: \_\_\_\_\_)
- ☐ Urine      ☐ Heard my baby's heart beat

List any other tests you had: \_\_\_\_\_

(Turn to pages 8 and 9 for more information about tests.)

Questions I want to ask:

1. \_\_\_\_\_

2. \_\_\_\_\_

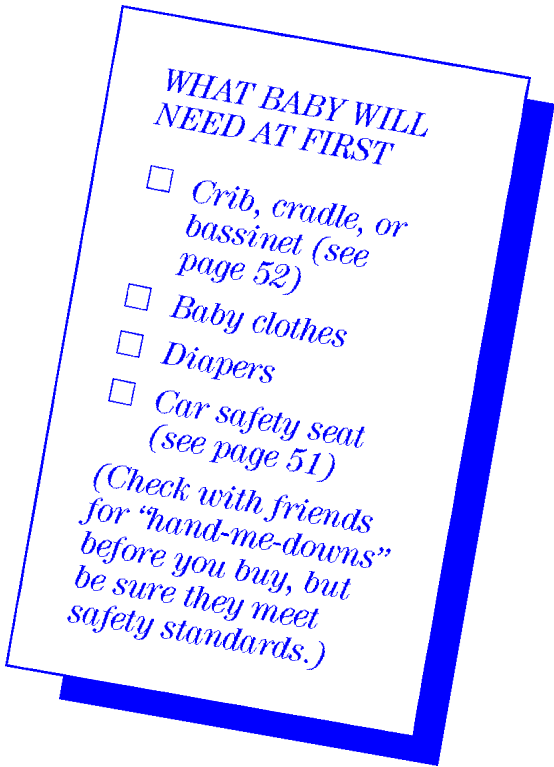
**Date of Next Appointment:** \_\_\_\_\_

Other visits or problems since my appointment:

Problem	Date	Advice/Treatment
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\_\_\_\_\_

\_\_\_\_\_



# My prenatal care appointment

Use these pages for additional health care visits.

Date of Visit: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Weeks of Pregnancy: \_\_\_\_\_

Due Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Tests (Check each one you had):

☐ Blood Pressure (Reading: \_\_\_\_\_)

☐ Urine      ☐ Heard my baby's heart beat

List any other tests you had: \_\_\_\_\_

(Turn to pages 8 and 9 for more information about tests.)

Questions I want to ask:

1. \_\_\_\_\_

2. \_\_\_\_\_

**Date of Next Appointment:** \_\_\_\_\_

Other visits or problems since my appointment:

Problem	Date	Advice/Treatment
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_____	_____	_____
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_____	_____	_____
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# My prenatal care appointment

Date of Visit: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Weeks of Pregnancy: \_\_\_\_\_

Due Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Tests (Check each one you had):

☐ Blood Pressure (Reading: \_\_\_\_\_)

☐ Urine      ☐ Heard my baby's heart beat

List any other tests you had: \_\_\_\_\_

(Turn to pages 8 and 9 for more information about tests.)

Questions I want to ask:

1. \_\_\_\_\_

2. \_\_\_\_\_

**Date of Next Appointment:** \_\_\_\_\_

Other visits or problems since my appointment:

Problem	Date	Advice/Treatment
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_____	_____	_____
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## PREPARING FOR BABY

*You will need a car safety seat (marked "federally approved") to bring your baby home after birth. See page 51 for more information.*

# My prenatal care appointment

Use these pages for additional health care visits.

Date of Visit: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Weeks of Pregnancy: \_\_\_\_\_

Due Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Tests (Check each one you had):

- ☐ Blood Pressure (Reading: \_\_\_\_\_)
- ☐ Urine      ☐ Heard my baby's heart beat

List any other tests you had: \_\_\_\_\_

(Turn to pages 8 and 9 for more information about tests.)

Questions I want to ask:

1. \_\_\_\_\_

2. \_\_\_\_\_

**Date of Next Appointment:** \_\_\_\_\_

Other visits or problems since my appointment:

Problem	Date	Advice/Treatment
---------	------	------------------

_____	_____	_____
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_____	_____	_____
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# My prenatal care appointment

Date of Visit: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Weeks of Pregnancy: \_\_\_\_\_

Due Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Tests (Check each one you had):

☐ Blood Pressure (Reading: \_\_\_\_\_)

☐ Urine      ☐ Heard my baby's heart beat

List any other tests you had: \_\_\_\_\_

(Turn to pages 8 and 9 for more information about tests.)

Questions I want to ask:

1. \_\_\_\_\_

2. \_\_\_\_\_

**Date of Next Appointment:** \_\_\_\_\_

Other visits or problems since my appointment:

Problem	Date	Advice/Treatment
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*Use these pages to  
write about your  
feelings and special  
moments during  
your pregnancy.*

# Special memories about my pregnancy

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## STAGES OF LABOR

Stage 1: The uterus begins to contract.

Cervix starts to open allowing the baby to move from the uterus to the birth canal.

Stage 2: The mother pushes and the uterus contracts. Stage ends when the baby is born.

Stage 3: Delivery of the placenta (afterbirth).

# My prenatal care appointment

Date of Visit: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Weeks of Pregnancy: \_\_\_\_\_

Due Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Tests (Check each one you had):

☐ Blood Pressure (Reading: \_\_\_\_\_)

☐ Urine      ☐ Heard my baby's heart beat

List any other tests you had: \_\_\_\_\_

(Turn to pages 8 and 9 for more information about tests.)

Questions I want to ask:

1. \_\_\_\_\_

2. \_\_\_\_\_

**Date of Next Appointment:** \_\_\_\_\_

Other visits or problems since my appointment:

Problem	Date	Advice/Treatment
---------	------	------------------

\_\_\_\_\_

\_\_\_\_\_

# Before my baby is born ...

## SIGNS OF LABOR

**The way labor begins and progresses is different for each pregnancy.** Sometimes you may not know that you are in the early stages of labor, but feel as though you have gas, heartburn, indigestion, or backache.

There are 3 main signs that labor has started:

- Vaginal bleeding.
- Regular contractions (pains or tightening), which most often begin in your lower back and move through to the lower front of your abdomen (stomach).
- A gush or trickle from your vagina, that feels like a painless flow of warm water.

My labor began on \_\_\_\_\_ (day) at \_\_\_\_\_ (time).

Notes about my labor and delivery:

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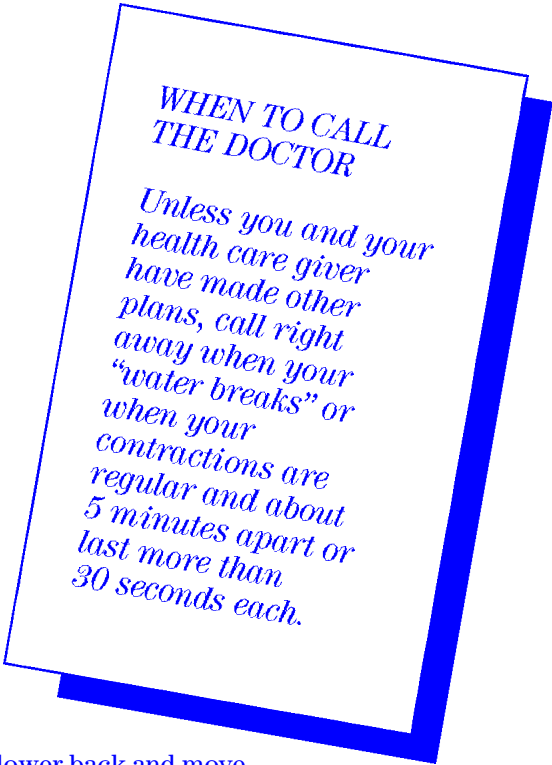
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My baby was born on \_\_\_\_\_ (day) at \_\_\_\_\_ (time).



### WHEN TO CALL THE DOCTOR

*Unless you and your health care giver have made other plans, call right away when your "water breaks" or when your contractions are regular and about 5 minutes apart or last more than 30 seconds each.*

# After my baby is born ...

## TAKING CARE OF ME...

- You should go to your health care giver about 2–6 weeks after your baby is born. Make an appointment for this “postpartum” visit as soon as possible. If you have questions or problems before then, call your health care provider.
- Ask your health care giver if you are protected against rubella. If not, get a shot to protect you before you leave the hospital.
- Ask your health care giver about family planning. You can get pregnant again even if you are breastfeeding. Your body is not ready for another healthy pregnancy right now.
- Call your care giver right away if you have any of the postpartum warning signs listed on page 47.
- Many new mothers feel depressed, cry easily, or are just very tired. These feelings are often due to lack of sleep; it doesn’t mean you don’t love your baby. If you have some of these feelings, you may want to talk to your family, a friend, or another mother about it. If you need help to cope with your feelings, call your health care giver.
- Breastfeeding is best for your baby. It is good for you too. It will help get your uterus (womb) back in shape. Almost all mothers breastfeed easily. Some need advice or help. Call your childbirth educator, nutritionist, or the La Leche League (1-800 LA LECHE) if you have problems or questions.
- Eat a variety of healthful foods and drink 6 to 8 glasses of water and other liquids each day, just as you did while you were pregnant. You need food for energy and to pass on to your baby if you are breastfeeding. Avoid alcohol, cigarettes, and drugs. They are not healthy for you and can harm your baby if passed through your breast milk.
- Try to sleep when your baby sleeps. If you feel under stress, take a break. Put your baby in the crib and take a shower or bath or call a friend. Ask a family member or a friend to watch the baby while you go for a short walk. If you feel as though you are under too much stress, call your health care giver and ask where you can get help. Taking good care of yourself and your baby is most important now.
- Spend some special time with your other children.

Next appointment for me: \_\_\_\_\_

# My postpartum (after delivery) care

Date of Visit: \_\_\_\_\_

Name of Health Care Provider Seen:

\_\_\_\_\_

Questions I want to ask:

1. *When can I have sex?* \_\_\_\_\_

2. *What should I do about birth control?* \_\_\_\_\_

3. *Do I have any health problems that need continued care?* \_\_\_\_\_

4. \_\_\_\_\_

Advice and answers to my questions:

\_\_\_\_\_

\_\_\_\_\_

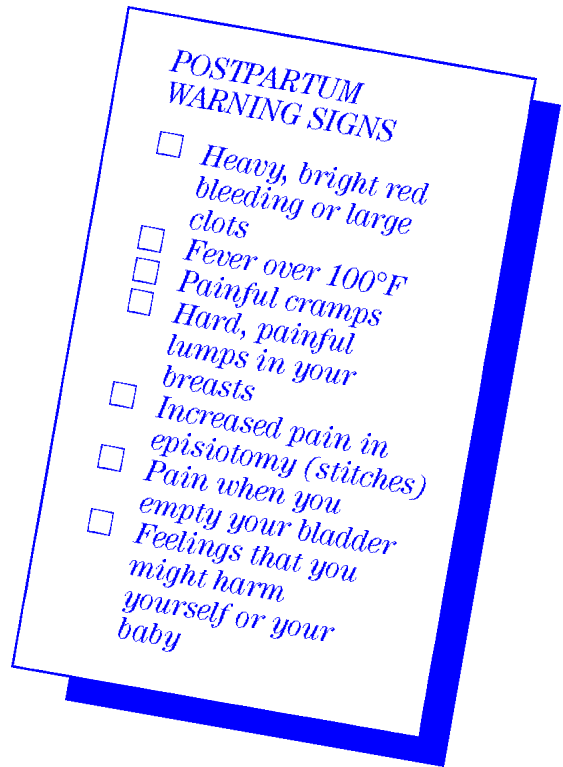
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\_\_\_\_\_



# Before I become pregnant again ...

Think about your own health first. Take care of yourself before you get pregnant again. Make sure that you and your family are ready for another baby.

Another baby will change your life in many ways. More babies add new responsibilities as well as new joys. Mothers and fathers both need to be ready to be good parents to another baby. Family planning services are available. For information, call your local health department.

## LOOK AT YOUR HEALTH

If you have a health problem (such as diabetes or high blood pressure), try to get it under control before you become pregnant. Then you and your health care givers can work together to avoid problems and have a healthy pregnancy.

If you are healthy, it is still a good idea to talk with your care giver before you become pregnant about:

- If you should keep taking any prescribed drugs.
- If you should be immunized against rubella (get a German measles shot). Do not get pregnant for 3 months following this shot.
- If you should think about genetic testing (to detect problems you could pass on to your baby).
- If the time is right for you to try to become pregnant. Wait several months after you stop taking oral contraceptives (the "pill") or if you have just had a miscarriage.
- If you should change your diet or gain or lose weight.
- If there are other lifestyle changes you should make before you become pregnant (such as quitting smoking and drinking alcohol).

